

Gout Treatment Options

Clearing Up The Confusion

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Gout is a serious condition and you should see your doctor for diagnosis and treatment advice. This ebook does not replace your doctor's advice.

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Getting rid of the immediate pain

There are several steps you can take to relieve the immediate pain of gout.

The following is a list of treatments that I personally found to be effective in reducing the pain of gout. This list is based on my own experience and there are many other ways of treating gout attacks that other people have found successful. You can find more in the recommended reading at the end of this report.

Please remember...I am not a doctor, and this advice is in no way intended to replace a doctor's advice. But it's what I found worked for me.

When I first got gout, I thought I had a soft tissue injury. So I originally treated it as one. It seemed to help relieve the pain, so whenever I had gout I would follow the same RICE procedure. RICE = Rest, Ice, Compression, Elevation

1) Rest

This may seem like an obvious one, but it is one that I used to ignore. Clearly when the joint is so sore you don't want to be walking around on it. But sometimes you've just got stuff to do, don't you! Well... it can wait! I found walking around on a swollen sensitive joint was not only painful, but it seemed to aggravate the situation. Take the load off your feet. Literally!

2) Ice/Cold

This is one which you will find differing advice on. Some people will tell you to avoid cold (and heat!). In my own experience I found using cold to be quite effective in reducing the inflammation of gout, and hence reducing the pain levels.

The best method is to buy a soft gel-filled freezable ice pack, and keep it in your freezer. These icepacks work well because they can be molded to the joint, held on with a bandage, and don't melt like real ice.

If you don't have an icepack handy then a bag of frozen vegetables is a good substitute. DO NOT APPLY COLD DIRECTLY TO THE SKIN. Always have some material between the cold pack and your skin. I learned this one the hard way!

3) Compression

Again, this is one you might find differing advice on, but it is one that worked for me. I would take a compression bandage and wrap the affected joint fairly tightly. Not overly tight, but just enough so that there was some inward pressure on the affected joint.

4) Elevation

This consists of lifting the joint up, preferably higher than the heart. Of course it is hard to sit in this position, so you will need to put your foot on another stool or a pile of cushions. I used to often lie on the sofa with my foot up on the side. The idea behind this one is to allow gravity to work at reducing the level of fluid in the joint. I also found this method particularly good in bed, by propping my feet up on a pile of pillows.

5) Anti-inflammatories

This is not really for me to say, because anti-inflammatories are a drug, and I am neither a doctor nor a pharmacist. But I have personally found anti-inflammatories to be very effective in the early stages of a gout attack. Actually I have been known to use them as a preventative... if I felt that gout "tingle" come on, I would pop an anti-inflammatory as a precaution. See your doctor or pharmacist before taking any drugs.

Getting rid of gout forever

Clearing up the confusion...

When researching gout, and particularly if you are researching gout on the internet, you will come across confusing and often contradictory information. Certain foods will sometimes be described as being good for gout sufferers, and in other places the very same food will be described as a food that gout sufferers should not be eating.

Other writers claim that food has nothing to do with gout, and it's all about your general well-being than any particular high-purine or acidic food.

The end result... you will end up even more confused than when you started, and may find yourself paralyzed with indecision. Or thinking that there is no way you could ever stick to such a diet!

What we are trying to achieve with this e-book is to introduce the main natural treatment modalities. From there we strongly suggest that you **pick just one of the methods** and seek further information on that method alone.

What we further suggest is that you do not seek further information by continuing to search the internet, but rather that you focus in on well-researched and consistently presented information from someone who has done that work for you already. We provide links to such information sources at the end of each relevant section.

Some of these resources are not free – but we strongly believe that purchasing a product with all the information you need is preferable to endlessly searching the internet and getting more and more confused as you go! In the interests of full disclosure you should be aware that if you purchase these resources then we may

receive some form of compensation for the referral. This does not in any way affect the price you pay.

Note: This book **does not** look at pharmaceuticals for gout, for which there are many options. Your doctor is far better placed to provide you with information about the drugs that are available for gout, both those that help in the short term, and manage the issue over the long term as well.

Also this book **does not** replace your doctor in any way. The information presented here is just that, information. It is in no way meant to be interpreted as medical advice - your doctor is the best person for that.

What this book **does** do is explore some of the alternative options to reducing or eliminating the underlying issues that lead to gout.

And by focusing on just **one** of the methods, you will finally be able to concentrate on getting rid of your gout.

Choose the one that you think resonates best with you... and run with it!

All about gout

In this section we take a closer look at just what gout is, and what causes it. It is important to understand gout, so that you can take the appropriate action to get rid of it forever.

What is Gout?

The outward symptom of gout is inflammation of a joint in the body, accompanied by incredible pain. While most inflammations are caused by bacterial infections or injuries, gout is neither.

Right from the start, it is distinguishable from an infection or injury because it surfaces rapidly, without warning, and without any apparent cause. You could be going to bed feeling completely fine and then suddenly wake up in the middle of the night with extremely excruciating pain in your joint accompanied by swelling, tenderness and redness.

The inflamed part can become so sensitive that even the slightest touch of a blanket can cause a very painful response.

Gout usually surfaces at the big toe first, but that is not always the case. In fact it can start in almost any joint.

The first attack can be deceiving because it completely disappears within a few days, making you think that the pain relievers and anti-inflammatory drugs you took actually worked.

But, unless you change some things, you can be sure it will come back. The next attack could come after a few months or even a few years. And when it strikes, the pain returns more frequently and the inflammation may spread to other joints as well. It could turn up at the ankles, insteps, heels, knees, wrists, fingers, or elbows. And over time, if you continue to get gout, it can cause **permanent** damage.

The Cause of Gout

So, what causes gout? Gout is caused by an abnormally high level of uric acid in the body. This condition is called *hyperuricemia*.

Uric acid is usually dissolved in the blood; any that is not dissolved is usually excreted by the kidneys through our urine. However, sometimes the kidneys cannot always successfully excrete enough uric acid, thus increasing its concentration in the blood.

When the level of uric acid is such that it cannot stay dissolved in the blood, the excess acid forms into microscopic needle-shaped crystals, which settle in the joints and soft tissues. The scientific term for these crystals is "monosodium urate," but they are more commonly called uric acid crystals.

The immune system of the body recognizes these uric acid crystals as foreign objects and reacts by counter-attacking through inflammatory cells. This marks the start of a gout attack; inflammation of the joint characterized by swelling, redness, and hypersensitivity.

During the inflammatory response, some of these inflammatory cells burst in their attempt to eat up the intruders. As a result, digestive enzymes are released, which may draw even more inflammatory cells.

This inflammation is the reason gout attacks are very, very painful.

Diagnosis of Gout

Blood Tests

An elevated level of uric acid in the blood is a sign of hyperuricemia, and as such a blood test is a common diagnostic tool.

However, some people who have just experienced gout attacks can sometimes have a normal uric acid level in the blood. This is because the excess uric acid in the blood has already been deposited as urate crystals in the joints, leaving the blood with normal or only slightly elevated levels of uric acid.

Thus, a blood test is not a reliable test for uric acid concentration immediately following gout attacks.

Arthrocentesis

A more definitive diagnostic test for gout diagnosis is joint fluid aspiration (arthrocentesis).

In this procedure, a sample of synovial fluid is taken from the inflamed part and is analyzed microscopically to see if it contains white blood cells and uric acid crystals, which would confirm the occurrence of gouty arthritis.

Gout Stages

Gout is a chronic and progressive disease. This means that the attacks can be long-lasting and recurrent. If untreated, the condition gets worse over time, thereby increasing the damage caused to the body.

There are four stages of gout progression:

Stage 1: Asymptomatic Gout

In this first stage, excessively high levels of uric acid are present in the body, resulting in hyperuricemia, but there are no symptoms of gout yet. The person is most probably not aware of his condition.

However, once he becomes aware, then a modification of his diet and general lifestyle could help him a lot in stopping the progression of gout.

Stage 2: Acute Gout

The first gout attack marks the beginning of this second stage. A sudden inflammation of the big toe, with no obvious cause, in the middle of the night is the most common scenario. Although acute gout usually strikes the big toe, other joints can be affected too. The progression from stage 1 to stage 2 means that the uric acid has formed into uric acid crystals and these crystals have settled in the joints and soft tissue. An acute gout attack is usually relatively brief.

Stage 3: Interval or Intercritical Gout

The periods between acute gout attacks are called interval or intercritical gout. It is at this stage when uric acid crystals are forming and depositing again in the joints. During this time, the person should have already been working with his doctor and dietician in undertaking treatments and implementing diet changes. The more the disease develops, the shorter are the periods between attacks.

Stage 4: Chronic Tophaceous Gout

The most damaging and disabling stage of gout, chronic tophaceous gout progresses over a very long period of time, sometimes 10 years or more. At this stage, attacks are so frequent and long-lasting that periods between attacks practically become nonexistent. Tophi, nodular masses of uric acid crystals, form and deposit around the affected joints and soft tissue. Symptoms of tophaceous gout increase in direct proportion to the deposits of uric acid crystals. Tophi may also form at cartilages, other tissues, and tendons. As they expand, the tophi may cause the skin to bulge and show physical deformities. In its advanced stage, tophi will break through the skin and surface as white, chalky nodes or pus.

Nowadays, most patients no longer reach this stage of gout due to timely intervention through advanced treatments and modifications in diet and lifestyle. Thus, emphasis to these must be given to gout patients so as to avoid such an incapacitating condition.

Gout Treatments

Gout has left many researchers with questions as to the cause of hyperuricemia.

Western medicine tends to take the view that a high purine intake will lead to excess uric acid, while a more Eastern view is that an acidic diet is the leading cause of high uric acid.

As such, there are several theories about what should be done to prevent and treat gout attacks. Two treatments involve dietary adjustments, namely, the Low Purine Diet and the Alkaline Diet. Weight loss is also another treatment. Other treatments include homeopathy, herbalism, reflexology, and acupuncture or acupressure. And then there are also some home remedies.

The Low Purine Diet places emphasis on reducing the consumption of foods that have high purine content. Uric acid is a result of purine breakdown and gout is caused by too much uric acid in the body. The theory is that by reducing the purine intake, uric acid production is minimized.

On the other hand, the Alkaline Diet proposes taking fewer acidifying foods and more alkalizing foods, on the basis that the body is supposed to be slightly alkaline. When the body becomes too acidic, the liver and kidneys could be greatly overworked, which could lead to gout.

Homeopathy is an alternative form of medicine which prescribes the use of homeopathic remedies in the form of pills or creams to treat gout. The underlying principle is "like for like" and dosages of homeopathic treatment are very, very low.

Herbalism is also another option for treatment of gout. Herbal remedies are prepared from plants and plants extracts following the principle that these herbs contain certain properties that could treat or prevent the disease.

Reflexology and acupuncture or acupressure are additional treatments to aid in pain management and help improve the body's overall condition. Pressure is applied to specific points in the feet, hands, and ears for reflexology and all over the body for acupuncture or acupressure. The general idea is that the body has many energy or qi paths, and that blockages in these paths cause illness and disease.

Home remedies for gout abound. The most commonly discussed ones are what we call the "ABC" of gout treatment. The ABCs are: Apple Cider Vinegar, Baking Soda, and Cherry. These home remedies have been commonly touted as miracle workers for gout.

Low Purine Diet For Gout

Introduction

Given that uric acid is a byproduct of purine breakdown, the Low Purine Diet is designed to significantly reduce the intake of purine in order to help avoid gout attacks in the future. Most protein-rich foods, especially those from animal meat, are very high in purine. Some plant foods also contain significant purine, but plant-based purines have a much lower association with gout attacks compared to purine from animals.

Regardless of the focus on the consumption of foods low in purine, this diet also addresses weight management, alcohol, and intake of carbohydrates, fats, and fluids.

Why a Low Purine Diet?

Purine is a substance naturally produced inside our body. It is a part of our genetic materials, DNA and RNA, and other molecules used to transport energy around the body. Because it forms part of these very important cellular structures, purine is, likewise, an essential and basic part of our cellular system. It is present in almost all living things and is also present in many of the foods we eat. However, the amount of purine contained differs from one food to another.

A human being's body continually produces purine. The excess purines, meaning the ones not used for cellular build up and the ones that are a part of dead or recycled cells, are broken down. Uric acid is the chemical formed as a result of purine breakdown. Although it is considered a waste product, uric acid actually serves as a powerful antioxidant and helps protect blood vessel linings. Because of this, a constant supply of uric acid is needed. If kept at a normal level, the presence of uric acid in the body is not only natural, but healthy as well.

The problem starts when the uric acid in the blood becomes too concentrated, resulting in hyperuricemia.

The Low Purine Diet focuses on the fact that uric acid is a byproduct of purine degradation. Since uric acid is caused by the breakdown of purine, it naturally follows that the fewer the purines in our body, the less uric acid that can be produced. If the uric acid in our bodies is kept at a normal level, then hyperuricemia will not occur and there will be no deposits of uric acid crystals in the joints and soft tissues, thus, no gout attacks.

Proponents of the Low Purine Diet suggest that people who have experienced gouty arthritis reduce the amount of their purine intake to as little as 150 milligrams a day, as opposed to the typical daily diet of 600-1,000 milligrams of purine. The body already produces purine by itself; we don't need to add significant amounts of it through the foods we eat.

In addition, pointers regarding the following:

Alcohol

As much as possible, avoid beer and liquor. They increase levels of uric acid, decrease excretion of uric acid by the kidneys, and are even believed to be the primary cause of some gout cases. Specifically, beer does not only increase uric acid level because of its alcohol content, but also because it contains purine. Wine, however, is not associated with increased risk of developing gout. The exact reason for this is still unknown, but various studies have shown similar results.

Fatty foods

Limit intake of foods with high fat content since fats in the body hold on to uric acid in the kidneys. Aside from that, a low fat diet will help you lose weight, which is also important in preventing future gout attacks. It will also lessen your danger of developing heart problems, which gout patients are highly prone to. Ideally, calories from fat should compose only 30% or less of your total calorie intake.

Carbohydrates

Complex carbohydrates aid in the excretion of uric acid. Be careful not to eat too much, though, because carbohydrates may also promote weight gain and you want to avoid this. In particular, avoid simple carbohydrates, such as sugar and refined flour.

Weight

Not all those who have gout are overweight, but for those who are, achieving a healthy body weight is very important for the prevention of future gout attacks. Note that it is important to avoid drastic weight loss since this increases levels of uric acid in the blood. Weight loss has to be undertaken in a gradual and healthy manner; fasting should not be an option.

Fluids

Drink at least 8-12 glasses of non-alcoholic beverage every day. Water is best, but other juices are fine too as long as they are low in sugar. Orange juice and soda are not good choices because of their sugar content. Fluids will help you urinate and excrete uric acid together with your urine. Fluids will also help prevent the formation of kidney stones.

Purine in Foods

Dieticians who recommend the Low Purine Diet emphasize that foods with high purine content should be totally avoided. 100 grams or 3.5 ounces of these foods could contain as much as 1,000 milligrams of purine. Foods that have moderate purine content may be taken with restriction when gout is under control, but should be avoided during gout episodes. Intake of these foods should be limited to one serving a day. A serving of meat, fish, or poultry is 2-3 ounces and a serving of vegetables is 1/2 cup. On the other hand, foods that have low purine may be enjoyed liberally while still following an eating plan to achieve and maintain a normal body weight.

It is important to note that all protein foods have purine. We all know that our body needs protein. It is one of the three basic food groups, along with carbohydrates and fats. Protein is made up of amino acids, which are known as the building blocks of the body. It is needed for the growth and repair of our muscles, bones, skin, hair, eyes, and other tissues. Protein deficiency can lead to serious health conditions.

Therefore, the goal is not to eliminate intake of any food containing purine. Rather, the goal is to wisely choose the foods that we eat, being careful that we do not eat the ones containing a lot of purine and selecting protein foods that have a relatively lower risk of promoting gout attacks. In relation to this, published works have shown that purines from plants are not as damaging as purines from animal meat. In fact, some say they do not significantly increase the risk of gout attacks at all.

Another thing to consider is that different people have different reactions to food, no matter what the purine content. If you have already experienced gout, be sure to pay close attention to your body and its reaction to the foods you eat.

Furthermore, diet may be directly related to gout, but control of your diet is not the complete solution to the problem. A Low Purine Diet is very important because it could significantly help you with your gout, but it is imperative that you still consult with your doctor regarding your condition's overall, holistic treatment.

Sample Meal Plan for a Low Purine Diet

Here is something to show you that eating a low-purine diet is possible. Below is a sample meal plan for one day.

Breakfast

½ cup Juice

½ cup Cereals with 1 cup Low fat milk

Berries

Toasted bread with olive oil-based spread

Coffee

Lunch

Hamburger or chicken breast on bun

Baked potato with 1 teaspoon margarine

1 cup Fruit salad

1 cup Low fat milk

Water

Snacks

Pineapple

Veggie mix (carrots, celery, etc)

Iced tea

Dinner

Tossed salad with fat-free salad dressing

½ cup Baked tofu

½ cup Rice

½ cup Broccoli

Banana

Water

RESOURCES

[Cure Gout Now](#) - Lisa McDowell

There are several products available on the internet, which explain the low-purine approach to diet. One of the better ones is Cure Gout Now by Lisa McDowell.

There are actually two options available when you purchase this book, the standard version and the deluxe version. I recommend the deluxe version, the reason being the comprehensive food tables – over 8 pages of foods categorized into “Avoid,” “In Moderation” and “Gout-Friendly”.

Just that food list alone will allow you to get off the internet and into the kitchen 😊

The standard version of the book comes with several pages of recipes (including lasagna!) and after you purchase you will be offered the option to purchase a 46 page gout-friendly cookbook. Having a cookbook makes it a whole lot easier to stick to a plan and be gout free.

Head on over to [Cure Gout Now](#) to check it out.

The full url is: <http://curegoutpainnow.com/to/curegoutnow>

Alkaline Diet for Gout

Introduction

Intake of acidifying foods is thought by some to contribute to the concentration of uric acid in the body. This problem caused by acidifying foods in the formation of gout is addressed by the second approach to gout prevention or treatment – the Alkaline Diet.

The Alkaline Diet contends that the less than optimal performance of the kidneys in excreting uric acid and several other health issues, such as obesity, lack of energy, unhealthy lifestyle, and overall well-being are due to the body being too acidic.

It stresses the importance of maintaining a balanced pH level in the body in order to achieve optimum health.

Why an Alkaline Diet?

Foods high in purine content are not the only cause for the increase of uric acid concentration in our body. After all, purine production is mostly endogenous. Only about 15% of the total purines produced in our body are traceable to the foods we eat. To go even further, excessive purine production is not the only cause for the presence of excess uric acid in our body. Acidic foods are just as responsible for this.

Foods, like all other substances, are composed of acid-forming minerals (sulphur, phosphorus and chlorine) and alkaline-forming minerals (potassium, sodium, calcium, magnesium and iron). They are identified as either acidic or alkaline based on which type of minerals predominates in them. Those with more or less equal amounts of acid and alkaline (base) minerals are neutral, such as water.

Acidity and alkalinity are checked through the pH level. pH means "potential hydrogen." It signifies the presence of hydrogen in the substance. The pH scale ranges from 0 to 14. The lower the number, the more hydrogen present in the substance, therefore, the more acidic it is. 0 to 6 is acidic, 7 is neutral, and 8-14 is alkaline or basic.

There are two schools of thought in deciding the acidity and alkalinity of foods. The first classifies foods as acidic or basic based on its acidity or alkalinity in its natural state (generally distinguishable by its taste), while the second classifies foods based on its effect to the human body's acidity or alkalinity level after digestion.

Foods, in this case, are generally labeled as acid-forming or alkaline-forming. The second school of thought exists because foods may be acidic before ingestion, but alkaline after digestion, and vice versa. In relation to gout and in the context of this e-book, we shall follow the second.

The human body is ideally slightly alkaline, with a pH level of about 7.4. The foods we eat change the acidity or alkalinity level of our body. If the body becomes too acidic or too basic, the whole system is disrupted and this causes problems.

The more frequent case is that our body becomes too acidic. This is because many of the more satisfying and filling foods are acidic or acid-forming. These are beef, pork, fish and seafood, sugars, beer, and many others.

So why is the pH level of our body so important in relation to gout? Generally, people with gout have a pH less than 7.4. The acidity or alkalinity of our body affects the excretion of uric acid by the kidneys.

The liver is responsible for many bodily functions, and the work is fairly distributed among all of its functions. Specifically, the liver is in charge of the breakdown of purines into uric acid and of the detoxification of the body due to the foods we eat. These processes, however, are only two of many other functions of the liver.

When the body consumes too much acidifying food, the liver has to work extra hard to do its detoxifying task. As a result, the job of purine breakdown is put on hold, or lessened, until after the first task is finished.

While this is happening, the production of purines continues, and by the time the liver is ready for its purine breakdown activity, more than the normal amount of purines have to be broken down. As a result, excessive uric acid is produced.

Now, uric acid is generally not very soluble. Meaning, it is not easily dissolved. There are some things that can make it more soluble, however. And that is having a more alkaline body. The higher the alkalinity of the body, the more easily uric acid can be dissolved, and excreted by the kidneys.

The contention of the Alkaline Diet is that to maintain the healthy and balanced functions of our body and its internal organs, we need to limit our intake of acidifying foods in order to make it slightly alkaline. Doing this would not only relieve the liver from overworking, but enable our body to dissolve uric acid and excrete it more easily, as well.

It does not say that all acid-forming foods should be avoided. Rather, that we maintain a balance and make sure that the totality of the foods we eat in each meal, or even in a day, is more alkaline than acidic. Advocates of the Alkaline Diet advise that our diet should compose of 70-80% alkalizing foods and only 20-30% of acidifying foods.

The Alkaline Diet should ideally be complemented with drinking lots of water as this helps the kidneys in flushing out wastes in the urine. To take a step closer to reaching the ideal pH level, drinking alkalized or ionized water is recommended. This is one very easy way to help increase the body's alkalinity. This is especially important if the food taken for the day has been more acidic than alkaline. Ionized water is more lively and tastier than normal water. If used in cooking, it can make the food tastier. This water is sometimes called "Kangen" water.

This second approach to gout treatment through dietary means does not simply encourage the eating of alkaline foods, but the start and maintenance of a healthy eating lifestyle. Its promoters stress that alkaline-forming foods are healthy foods.

Acidic / Alkaline Foods

The Alkaline Diet is actually more than just a natural treatment for gout. It is used as a corrective diet by people with other health conditions, such as acidosis, digestive problems, obesity, and others. But more than that, people who just want to improve their overall health condition, have more energy, or pursue a healthy lifestyle make use of the Alkaline Diet, too.

In general, fruits and vegetables in their natural form will be alkalizing, or at worst neutral. Whereas meats and processed foods will tend to be more acidifying. You will have to be careful with beans, pulses, seeds and nuts. Some varieties of these are acidifying and some alkalizing.

Sample Meal Plan for an Alkaline Diet

Alkaline diets can still be filling and satisfying. Below is a sample meal plan for a day's worth of hearty alkaline diet.

Breakfast

Veggie scramble (1 egg scrambled with green onions, tomatoes, cabbage, and bell peppers), papaya, milk

Lunch

Steamed chicken breast, wild rice, steamed vegetables (broccoli, carrots, cucumber, and onions), watermelon, herb tea

Snacks

Fresh mango juice, mixed nuts (almonds, cashews, chestnuts)

Dinner

Steamed fish, baked potato with skin, garden salad (lettuce, cucumber, green bell pepper, white onion) seasoned with balsamic vinegar, alkaline water

RESOURCES

[Acid Alkaline Diet](#)

This is a really great website with a ton of information about acid/alkaline diet.

As well as the great information on the website itself, you can sign up for a free alkaline food chart and food combining chart. On top of all that, they also offer a home study alkaline diet course.

Head on over to **[Acid Alkaline Diet](#)** now and check out their free information.

The full url is: <http://curegoutpainnow.com/to/acidalkalinediet>

RESOURCES

[Alkaline Cook Book](#) - Dr Annie Guillet

If you are thinking about completely changing your diet, you need a cookbook to follow. Without a decent cookbook, you will be left wondering what to eat, and will soon lapse back into your old habits.

The Alkaline Cookbook by Dr Annie Guillet is cram-packed full of delicious recipes, including desserts!

Follow this link to the [Alkaline Cook Book](#)

The full url is: <http://curegoutpainnow.com/to/alkalinecookbook>

Weight Loss – Keeping Things Simple

If all this talk of low purine diet or alkaline diet is doing your head in, then you may benefit from focusing purely on weight loss.

It is a known fact that excess body weight is highly correlated with the chance of getting gout. The exact reasons for this are less well understood.

Some studies suggest that when people lose weight, their kidneys become better at eliminating urate from the system. On the flip side, it is also thought that the amount of urate produced is also lowered, meaning that there is less to get rid of in the first place.

It is not known for sure which of these is the bigger factor, but regardless, the fact remains that losing weight is probably the simplest thing you can do to reduce the probability of future gout attacks. By losing weight you get a "double-whammy" beneficial effect: less urate produced and more urate eliminated.

Now, not all people who get gout are overweight, as there are other reasons that someone might get gout even if they have a healthy weight. Gout can be hereditary or there might be other underlying medical reasons why somebody gets gout. But the majority of gout sufferers are, indeed, carrying excess weight.

It is important to approach weight loss with a sense of realism. Sustained weight loss comes from a change in habits rather than charging into some form of crash or fad diet.

While these diets may result in rapid weight loss initially, this weight loss is often not permanent, and can indeed result in the dieter gaining even more weight once they stop dieting.

For the gout sufferer, it is even more important to take care with weight loss. Any rapid weight loss involving a big restriction on the calorie (kilojoule) intake can lead to 'starvation ketosis.'

When this happens, ketones can be released into the bloodstream, and a high level of these ketones can lead to higher uric acid levels in the blood because of a reduced ability to eliminate urate. Hence, the urate concentrations can rise and trigger a gout attack.

If you are overweight and have been suffering from gout, it is highly recommended that you embark on a weight reduction program. A long term approach to managing gout through a sensible weight loss program will lead to a change in eating habits, and a much lowered risk of recurrent or chronic gout attacks.

RESOURCES

The [Diet Solution Program](#) – Isabel De Los Rios

Many diet programs offered on the internet promise amazing results in incredibly short timeframes. You know the type – “eat this one food once every 40 years and you will be slim forever – and you don’t even need to exercise!”

The Diet Solution Program is different. It offers real, practical, honest advice without the hype. It’s all about the types of foods you eat, and the ratio in which you eat them.

There’s a ton of free information over at the [Diet Solution Program](#), and at the very least, you should watch the introductory video for some real honest diet advice.

The full url is: <http://curegoutpainnow.com/to/weightloss>

Alternative Therapies

In this section we discuss “alternative” therapies for gout, namely homeopathy, herbal treatments, reflexology, and acupuncture or acupressure.

These treatments are not considered mainstream in the western world, and in fact doctors may advise against them. The doctors’ concerns are that the remedies may actually be ineffectual, and perhaps lead to a worsening condition if medical advice is not sought.

On the other hand, many people strongly believe in these treatments, and swear that they work.

Homeopathy

Aside from the usual medicines prescribed by doctors for gout, another option for gout treatment is homeopathy.

Homeopathy is a form of alternative medicine where a careful process of high dilution and vigorous shaking (called succussion) of substances is done to produce a medicine that is completely non-toxic and has no side effects.

The principle followed by homeopathy is treating like with like. In such treatments, it is believed that the substance that causes the symptoms, when taken in highly diluted, minute doses can cure those same symptoms. On top of the symptoms, homeopathy takes into account the patient’s physical and mental state. Then reference is made to books called repertories for the selection of the proper remedy that could address the patient’s holistic treatment needs.

Even though it is not supported by scientific studies, homeopathy is resorted to by many gout patients primarily due to its effective results on the overall wellness of the person and also because it is very safe, does not have side effects, and is safe

for long term use. Most conventional medicines have side effects which make patients question up to how long they can safely take them. Furthermore, because homeopathic remedies are usually in the form of pills or creams, they do not appear to be different from the usual medications prescribed by doctors.

There are several homeopathic remedies for gout. Below is a list of the more common ones.

You should consult with your doctor and your homeopath before undertaking any course of homeopathic treatment.

Aconitum Napellus

The use of Aconitum Napellus is advisable when the patient experiences anxiety and hallucination caused by the swelling of the joints, and when the pain is worse at night and better in the morning.

Arnica

Arnica may be used to relieve ache and pain. Usual symptoms that call for this kind of remedy are difficulty in walking due to pain, soreness and bruise-like sensation, and extreme sensitivity to being touched. Arnica is available as a pill or cream, and both forms may be used together for faster relief. In utilizing the cream, avoid applying it on broken skin.

Belladonna

Belladonna may be used for sudden attacks. Other symptoms that indicate the need for belladonna as a remedy are swelling, redness, and an increased temperature in the affected area. There is acute sensitivity and the pain is piercing. The patient's face is usually flushed. It is available as a pill and must be taken as per dosage instruction.

Benzinum Acidum

Benzinum Acidum should be used when the urine has a very strong and excessive smell. Dosage is 3 times every 4 hours.

Benzoic Acid

Benzoic acid is recommended for cases where nodules and tophi have formed and urine has a strong color and odor. There is an itchiness, swelling, and red spot on the affected areas, usually the fingers, wrists, toes, and Achilles tendon. The condition is worse in the outdoors.

Berberis Vulgaris

Berberis Vulgaris may be used when there are stitching pains together with joint pains. Symptoms of an increased intensity and scope of pain due to continued movement or shifting of positions, whole body ache, and a persistent back pain signify a need for this remedy.

Bryonia

Bryonia is ideal for use when there is a tearing sensation on the affected areas and the slightest movement aggravates the pain. Because of this, the patient is usually very detached and irritable.

Calcarea Fluorica

Calcarea Fluorica may be used when the affected areas are the finger joints, knees, toes, and other smaller joints of the body; when there is severe pain, enlargement of affected areas, and the joints produce cracking sounds when moved; and when a change in weather worsens the condition and warmth, like a hot compress, improves it. Calcarea Fluorica gives a relatively fast relief and can be used in shorter intervals.

Colchicine

Yes, colchicine, a very common drug used by modern medical practitioners to treat gout, is actually a homeopathic remedy. It is derived from meadow saffron, which when taken in large quantities, causes gout. Colchicine is advised when, in addition to the usual symptoms of gout, patients feel nauseous. Recommended dosage is 3 times daily, preferably every 2 to 4 hours.

Colchicum

Colchicum (or colchium) may be used when the symptoms include immense pain in the big toe or heel and touching them could cause unbearable pain. The affected areas are hot, red, and inflamed. The pain is at its worst at night and intensifies during weather changes. The patient experiences internal chills and exhaustion.

Guaiaicum

Guaiaicum is to be used to lessen the pain and tenderness. Also, the recurrence of attacks may reduce if the patient takes guaiacum in between episodes. Dosage is 3 times every 4 hours.

Ledum Palustre

Ledum Palustre may be used when the attacks are in the lower extremities of the body, such as the foot (big toe, ankles, etc), with the pain spreading upward, reaching the knees. Topical cold applications may also be used to lessen the swelling and pain.

Lithium Carbonate

Lithium Carbonate is to be used when the joints exhibit nodular swelling, especially the fingers and toes. The patient experiences headache, acidity, nausea, and distressing pain in the stomach, which stop when there is food intake. The urine may be very little, dark in color, cloudy, and may have some reddish sand.

Lycopodium

Lycopodium is recommended for patients with chronic tophaceous gout. They are sharp in the mind, but physically frail. They appear gaunt and gassy. Because of these traits, they are strong-willed and arrogant when ill, but do not have self-confidence. Their urine is slow and little with red sediment. Backaches are common when urine is not excreted. The right side of the body is usually affected and the condition worsens in the early evening.

Pulsatilla Nigricans

Pulsatilla Nigricans is indicated when the gout attacks transfer from joint to joint. Symptoms are worse at night or when it is hot and better in cool, fresh air, and some gentle exercise. Recommended dosage is 3 times every 2 hours.

Rhododendron

Rhododendron is recommended in cases where the pain moves from one joint to another and worsens when the person is resting. The condition worsens just before a storm and generally during cold and rainy weather. Staying up late in the evening also aggravates it. Attacks are usually more on the right side of the body than on the left. Symptoms improve after the patient has eaten and has kept himself warm.

Rhus Toxicodendron

Rhus Toxicodendron may be used when the attack to the joints is sudden and comes with a high level of swelling and throbbing pain, extreme stiffness, and hotness. Also when the condition is aggravated in cold and damp weather and made better through warmth and gentle movements. Rhus Toxicodendron may also be used to manage pain and swelling caused by other types of arthritis including rheumatoid arthritis.

Sabina

Sabina is one of the remedies recommended when the attack is in the heels. Nodules may develop in the affected joints, and motion and high temperature worsen the pain, while cool, fresh air alleviates it. In such cases, the patient is depressed presumably because of his condition.

Sulphur

Sulphur is recommended when the pain caused by the inflammation is accompanied by a burning itch. This usually happens at the feet, heels, and knees, but other joints may be affected, too. Damp, rainy weather, and heat worsen the condition.

Urtica Urens

Urtica Urens aids in the removal of uric acid from the body and is, therefore, recommended for patients who are predisposed to developing gout. It is especially suggested to those whose affected areas are the shoulders, wrists, and ankles. They cannot take having the affected areas touched, exposed to water, or cool, misty air.

All the homeopathic remedies mentioned above are provided only to give you a general idea about some of the available remedies for gout. If you are interested in taking homeopathic remedies to help you with your gout, please consult a licensed homeopath. Your doctor should also be consulted.s

RESOURCES

There are so many available homeopathic treatments that a simple ebook could never cover all the bases. If you want to find out more about homeopathy we suggest you check out the [National Center for Homeopathy](http://www.nationalcenterforhomeopathy.com) website, which has a lot of information on it

Herbal Remedies

Herbalism is an alternative form of medicine using plants and plant extracts to cure or treat diseases and other health conditions. Herbal remedies may also be used for gout.

The use of herbal remedies or botanical medicine dates back over 5,000 years. Nowadays, herbal remedies are gaining popularity in the Western world.

Herbal extracts, herbal teas, and essential oils, may now be found displayed in pharmacies and health centers together with prescription drugs. These herbal remedies may even be in tablet or capsule forms for easier ingestion and a more regulated dose.

Below are some of the herbal remedies which have been used for the treatment of gout:

Alfalfa

Alfalfa contains 8 essential amino acids, is a high source of nutrients, vitamins (like A, B1, B6, C, D, E, K), and minerals (like calcium, potassium, phosphorus, magnesium, zinc), and is well known as an herbal remedy for many different health conditions. It is used for bladder infections, colon disorders, arthritis, gout, peptic ulcer, liver disorders, anemia, high blood sugar, ulcers, and fever. It can help in weight gain by improving appetite and in improving lactation of nursing mothers. It has antioxidant and anti-inflammatory properties that help provide the patient with relief from pain. It neutralizes and decreases uric acid in the blood. It alkalizes the body and detoxifies the blood and other organs, like the liver. It may be taken as a tea or as supplements in tablet, capsule, and liquid extract forms. The dosage should be based on the advice of your health practitioner.

Bilberry

Also known as European blueberry, bilberry is very useful for gout, especially during an attack. This is because it contains anthocyanins and antioxidants, which promote blood flow to the joints, thereby lessening the painful swelling, and aid in decreasing the intensity or occurrence of attacks by facilitating the reduction of uric acid levels in the blood. Bilberry may be taken as an herbal tea or a food supplement. The recommended dosage is 3 times daily of 80 mg bilberry extract. This formulation contains 20 mg (or 25%) of anthocyanins.

Burdock (Articum)

Burdock helps in the purification and cleansing of the blood and removes toxins from the body. It stimulates the liver and helps it eliminate waste. It is a diuretic as well, so it helps the kidneys in the elimination of urine containing high levels of uric acid. It also has anti-inflammatory properties, which can help in gout attacks. Burdock remedies are available as dried root powder, capsule, tincture, and fluid extract. Usual recommended dosage for capsules are 1-2 grams 3 times daily. The dried root powder may be made into a tea by mixing 1 teaspoon with a cup of boiling water and drinking 1-2 cups a day. For topical treatment, the tincture is to be applied to a cloth and wrapped around the affected area.

Cayenne Pepper (Capsicum)

Cayenne pepper has not been known as the wonder (natural) drug for nothing. It helps with so many diseases, from some cancers to toothaches, that it is said to be safe and beneficial for any medical problem. Cayenne pepper's primary health benefit is it improves the functioning of the circulatory system by feeding the arteries, veins, and capillaries with vital substances. By equalizing blood circulation, it normalizes blood pressure and positively affects the heart. It is also useful in treating allergies, muscle cramps, digestion problems, wounds, heartburn, delirium tremens, sore throats, toothaches, internal hemorrhage, cholera, (prostate, pancreatic, blood, and lung) cancer by destroying cancer cells, and still

many others. In fact, it is also a very effective topical ointment for gout and for all other forms of arthritis. Mix 1 tablespoon of cayenne pepper with 1 cup vinegar and 1 cup water then heat the solution up to boiling point. Let it cool then apply it on the affected area. For the other conditions mentioned above, cayenne pepper is ideally taken as a drink. Mix about ¼ teaspoon of cayenne pepper to 1 glass of distilled or purified water. You may adjust this depending on how much heat you can take. Regularly drinking cayenne pepper water will significantly improve the condition of your heart and whole circulatory system.

Celery (Apium graveolens)

Celery seed extract is reported to be hypouricemic (something that lowers uric acid) and a diuretic. It accelerates the elimination of uric acid. It also has significant anti-inflammatory properties. Its phytochemicals work to lessen the pain caused by the swelling of affected joints and tissues. Celery seed extracts are readily available in the market in various potencies. Suggested dosage is 2 capsules of 500 mg supplements. You may also make a tea infusion by mixing 1-2 teaspoons of the extracts to 1 cup of hot water 3 times a day. Other than that, celery stalks may be munched on, made into a juice, or mixed in soups, salads, and other food preparations.

Devil's Claw (Harpagophytum procumbens)

The devil's claw or unicorn plant, termed as a description of the seed's shape when opened, is very beneficial for gout patients because of its capacity to decrease the concentration of uric acid in the body and excrete toxic waste. It also aids in reducing the pain of a gout attack. Different herbalists may prescribe different dosages, but the common dosage is 750 mg 3 times a day of a preparation standardized to contain 3% iridoid glycosides.

Garlic

Another highly regarded herbal remedy is garlic, mainly because of its wide range of applicability. It is best known for lowering blood pressure and cholesterol thereby preventing stroke and heart diseases. However, for people who do not have problems with these, garlic is also an excellent immune system booster, detoxifier, and a treatment to various health conditions such as altitude sickness, arthritis, athlete's foot, blood clots, diabetes, colds and flu, and others. Garlic contains high sulfur concentration, which is probably the reason for its medical use since sulfur is known to help in the prevention and treatment of many diseases. It also has a lot of anti-inflammatory and pain-relieving properties. Specifically for gout, garlic inhibits the enzyme xanthine oxidase in the liver, which is involved in the chemical process that results in accumulation of uric acid. Garlic is one of the most widely-used herbs and taking it fresh or cooked will work wonders for you. It may also be taken as a juice or tea. And for those who cannot tolerate the strong smell of garlic, supplements in tablet or capsule forms are also available with specific recommended dosages. Usual dosage is 2 tablets daily.

Gravel Root (Eupatorium purpureum)

More commonly known as a remedy against kidney and bladder problems, gravel root is recommended to counteract uric acid concentration in the blood. As a diuretic, it helps the kidneys flush out unwanted uric acid. Recommended dosage for a supplement is 2 of 600 mg capsules once or twice daily with water at mealtimes and for an infusion is 2 teaspoons of gravel root in a cup of water 3 times a day. It may also be enjoyed as a tea by using its roots and leaves.

Nettle Root

Known as stinging nettle due to its painful sting when touched, this herbal remedy contains vitamin C, which is recognized to help gout patients when taken in large doses. It also contains potassium, which helps make uric acid easier for the body to eliminate by turning it into a solution. Furthermore, nettle root is a diuretic and

a natural antihistamine. As a diuretic, it helps the kidneys excrete excessive uric acid through the urine. And its antihistamine properties relieve the swelling. Take 250 mg of nettle root 3 times a day.

Turmeric

Turmeric spice is identified to have potent antioxidant and anti-inflammatory properties that could help a patient during gout flare ups by alleviating the pain and lessening the swelling. Specifically, it contains natural cyclooxygenase inhibitors. These substances have proven to be very effective in stopping inflammation, especially those caused by gout and other forms of arthritis. Turmeric is also loaded with curcumin, a not so known, but very helpful antioxidant in the treatment of gout. Curcumin inhibits the production of certain prostaglandins that cause inflammation. Turmeric is available as a capsule, fluid extract, or a tincture. Recommended dosages are 400-600 mg of turmeric capsule 3 times daily, 30-90 drops of fluid extract daily, and 15-30 drops 4 times daily of the tincture.

Other herbal remedies that could help alleviate the pain brought about by gout attacks and prevent future ones are autumn crocus, hawthorn, and juniper berry.

Some prefer using herbal remedies because they do not have the synthetic ingredients that are found in most conventional drugs, and are, therefore, safer for long-term use.

However, people must be cautious in taking natural botanical medicine because their interaction with other over-the-counter or doctor-prescribed drugs could be potentially fatal.

Not only that, many healing properties of these herbal cures could pose other serious health issues. For example, a diuretic could significantly lower water in your body. Therefore, taking in fluids must be strictly observed, especially when

using some of the remedies mentioned above in order to avoid other health concerns from surfacing.

That is just one example. There are many other health conditions that must be considered before making use of any of the above-mentioned herbal remedies. The dosage must also be prescribed by a doctor or herbalist. Many of the remedies mentioned above could have unfavorable side effects if not taken with proper caution.

As a gout patient, you must always consult your doctor before embarking on an herbal remedy cure-for-gout route. In the same way, you have to inform your herbalist about the medications you are currently taking and about your general health situation. This is the only way you can truly be sure that the medicines and herbal remedies you are or will be taking are safe for you and effective in treating your gout.

RESOURCES

[Herbs, The Natural Alternative](#) - Helen Anderson

Helen Anderson has compiled over 100 pages of herbal remedies and preventatives into this one resource. She claims that these remedies make drug companies nervous, and why wouldn't they be.

For centuries there have been alternative ways to heal and prevent disease. And if you think about it, many of the treatments our mothers and grandmothers used to prescribe did work! And these days the scientific evidence is starting to back up the old wives tales.

So, take a look at [Herbs, The Natural Alternative](#) if you are looking for a natural approach to curing your gout and other ailments.

The full url is: <http://curegoutpainnow.com/to/herbs>

Reflexology

Reflexology is the practice of massaging specific zones, called reflex points, in the feet, hands, or ears using specific methods in order to massage other body parts, especially those that are hard or impossible to reach, like the glands and internal organs. The concept of reflexology is that there is a system of zones in our feet, hands, and ears that reflect an image of our different body parts and that massage work on these zones will effect a physical change, usually a balancing or healing action, to the corresponding body part.

Many people going through various health conditions avail of reflexology, usually as a side treatment. They think that if it can help, why not try it? It is not painful, not expensive, and it does not require a lot of effort or commitment. Further to that, benefits of reflexology include relaxation of the body, stress relief, smoother blood flow, and self-healing of the affected body parts.

The medical field, however, is bothered by reflexology because its use sometimes delays the patient's decision to seek medical help and thus, their condition has possibly worsened before they finally consult a doctor. Also, the doctors are concerned that for some ailments, massaging these specific zones might possibly cause a worsening of the patient's health situation.

Still, it remains that reflexology is a relatively harmless way of achieving a balance in the body by promoting the healing and normal functions of various body parts. Availing of the services of a professional reflexologist is ideal. This is especially important if you have specific problem areas. There are many reflexology centers where you can avail of foot and/or hand reflexology services. Once you have learned the established reflex points, it may then be safer to do the reflexology process yourself.

You can also learn it by reading books or viewing videos. Reflexology is not very difficult. You just need to apply pressure to specific points in your hands and feet

in order to stimulate the organs and other parts of your body, which are in need of stimulation. The important thing is to make sure that you are massaging the correct reflex point in order to successfully massage the right internal organs or body parts.

In the case of gout, the body parts that need massaging are the kidneys, urethra, bladder, urethra, liver, adrenal glands, and lymph nodes.

Below is a description of the reflex points for some of them:

Kidney

Foot: At the center of the sole of both feet

Hand: Off center of both palms, toward the side of the thumb

Bladder

Foot: Edge of the inner side of both soles, near the heel.

Hand: At the side base of the palms, near the inner side of the wrists.

Liver

Foot: Above the reflex point for the kidney, covering the horizontal length of the right sole; at the edge of the inner left sole, just above the reflex point for the adrenal gland.

Hand: At the center of the right palm, a part of it above the reflex point for the kidney

Adrenal Gland

Foot: Just above the kidney, leaning towards the inner sole, and below the liver.

Please be reminded that no matter how beneficial reflexology may be, it is only an addition to the treatment of your gout. It is recommended that you still consult a doctor.

RESOURCES

[Cure Gout With Foot Reflexology](#) - Hemen Ee

Hemen Ee has been researching and writing about gout treatments for many years now, and has produced many e-books. In the past he has extolled the virtues of alkaline water and calcium ion, but now he is a firm believer in reflexology. His older e-books are available as bonuses to his reflexology book.

At the very least his website is full of information about gout, and he takes quite a different view from what you would normally find. It's definitely worth taking a look at the **[Cure Gout With Foot Reflexology](#)** site.

The full url is: <http://curegoutpainnow.com/to/reflexology>

Acupuncture / Acupressure

Another form of pain or disease treatment is acupuncture or acupressure. Acupuncture is an alternative treatment wherein needles are inserted to specific acupuncture points in the body in order to relieve the patient of pain and other underlying medical conditions. There are now different methods of acupuncture practiced in different places, but it originally started with the Chinese. The idea is that the body has thousands of trigger points that are linked all over the body through different meridians and that Qi, literally translated as breaths, but contextually translated to mean energy, flows in the body through these meridians. In effect, Qi reaches all the trigger points and brings balance to the body and mind. When the body gets sick, Qi becomes unbalanced. It is then that acupuncture is used. By performing acupuncture on the specific potent points related to the affected areas, the nervous system is commanded to relieve muscular tension and increase blood flow to the affected parts, thus restoring the balance.

Acupressure or Shiatsu massage is generally considered acupuncture without needles. Instead of using needles in its application, fingers are used to apply pressure to the same target points recognized in acupuncture. Aside from pain relief and disease treatment, acupressure also improves general health, increases blood circulation, eases stress, lessens tension, and relaxes the body.

Gout pain can also be relieved through acupressure. There are several acupressure points for gout depending on the area being attacked. Diagrams of acupressure points can be easily researched in the Internet, but the effectiveness of this treatment relies mainly on properly targeting the exact acupressure point. That said, it is recommended that you ask your doctor for a referral to a qualified acupuncturist. Once you have learned the different acupressure points, you may then safely undertake this activity by yourself or through the help of a companion.

Although acupuncture is a popular treatment form, it is recommended that you still consult a doctor. Acupuncture is gaining reputation in the western world, however your doctor will be able to advise whether acupuncture should be your only course of treatment, or can be used in addition to other treatment they may prescribe.

RESOURCES

Given that acupuncture is an invasive treatment (i.e. you are having needles inserted through the skin), it is important that you seek a qualified acupuncture practitioner. You can find many qualified practitioners at AcuFinder.com

If you are looking for information on acupuncture for gout, the reflexology book referred to earlier ([Cure Gout With Foot Reflexology](#)) also comes with a book about hand acupuncture for gout.

The full url is: <http://curegoutpainnow.com/to/reflexology>

Home Remedies - The ABC of Gout Treatment

In addition to the different treatment options previously presented, there are also these popular “magic solutions” for the treatment of gout, namely, apple cider vinegar, baking soda, and cherry. You may want to call them the ABC of gout treatment. Patients’ responses to these substances vary considerably; one person could totally eliminate the inflammation just by eating cherries while another could eat up to three bowls and not see any positive effect. However, many gout patients have reported that at least one of these substances has proven to be very helpful to them.

The ABCs are home remedies and are not usually advocated, except by some gout sufferers themselves, to be stand-alone gout treatments. One of the ABCs might be able to help you with your gout, but it would still be wise to pick one of the main treatment options and then make use of this home remedy as an extra guard to keep your gout at bay.

Apple Cider Vinegar

Apple Cider Vinegar is one of the most trusted natural remedies for gout. Its effects vary among patients, but those who have achieved positive results rave about it. They report to have experienced pain relief, and disappearance of swelling and inflammation. Some achieved significant results within a few hours while others observed improvement in their general condition after having taken the treatment for a few days. The science behind its beneficial properties is not well established, but one idea is that one of its ingredients, malic acid, has a healing effect on gout. It counteracts with the uric acid crystals in the joints and tissues and removes them from the body. Another idea is that apple cider helps the body become more alkaline, thus, helps the blood’s ability to maintain the solubility of uric acid.

Gout is only one of the many health conditions that may be treated or improved with the help of apple cider vinegar. It is also beneficial for diabetes, weight loss, dandruff, high cholesterol, acid reflux, acne, high blood pressure, and still many others.

There are many different formulations for taking apple cider vinegar, depending on the health condition. For gout, the typical recommended preparation for an apple cider vinegar drink is mixing 2 teaspoons of apple cider vinegar and 2 teaspoons of raw honey in a glass of mineral or purified water. Another preparation is to mix 1 tablespoon of apple cider vinegar, 1 tablespoon of raw honey, and 1 tablespoon of mineral or purified water and drinking the mixture in the morning and in the evening after meals.

The use of honey is optional and is not recommended for patients with high blood sugar. Now, apple cider vinegar is not pleasant to the taste buds. If you cannot tolerate the taste, you may also apply it topically. Wrap the affected are with a soft towel soaked in apple cider vinegar for about 30 minutes or soak the affected area in a bath composed of 1 cup apple cider vinegar and 3 cups water.

Aside from using the right formulation, using the right kind of product is very important. As much as possible, use unfermented and organic apple cider vinegar which still contains the mother of vinegar. The highly processed types have lost many of the product's healing properties.

Apple cider vinegar may cause teeth enamel discoloration, damage the esophagus and other parts of the digestive tract if mixture is too potent, and burn or scar the skin if exposure is prolonged. It should be taken and used with caution. To minimize discoloration and damage, drink plain water or rinse your mouth with water after drinking it.

Baking Soda

Sodium bicarbonate or bicarbonate of soda, more commonly known as baking soda, is a wonder worker for many gout patients because of its alkalizing property. It raises the pH level of the body, especially the blood, and helps in restoring the body's alkaline state. A decrease in the blood's alkaline state lessens its ability to hold uric acid in solution and thus, encourages uric acid to settle in the joints and tissues, which when crystallized, causes gout. In the same manner, when the pH level of the blood is raised sufficiently enough to make it reach an alkaline state, the blood can now hold more uric acid and in effect, prevent the latter from forming crystals in the joints.

Baking soda usually dissolves the uric acid crystals that have already formed in the joints and tissues and can prevent uric acid stones from forming in the kidneys since it also significantly increases the urine pH. Furthermore, it seemingly boosts the performance of non-steroidal anti-inflammatory drugs (NSAID) that are frequently prescribed for gout treatments because by raising the body's pH level, it allows the drugs to stay longer in the blood stream and ionize better in the blood.

Just dissolve ½ or 1 flat teaspoon of baking soda in 1 glass of water and drink it once in the morning, once before sleeping, and 2-3 times during the day in 2-4 hour intervals when your stomach is not full. Maximum intake for the whole day must be 4 flat teaspoons only. However, if you can achieve the same results using a lesser dosage, then use that lesser dose.

Warning: Baking soda is very high in sodium and its use can cause a lot of adverse effects to the body, such as high blood pressure, edema (or swelling), loss of appetite, headache, nausea, vomiting, stomach cramps, mood changes, muscle pain, weakness or exhaustion, increased thirst, and others. Aside from limiting the dosage of baking soda, another thing to do is follow a low sodium or sodium-free diet.

Baking soda may be a very effective treatment for gout, but you should not start taking it unless you have the approval of your doctor. There are many potential effects, some of which can be quite serious.

Cherry

Among natural treatment advocates, cherry is known for providing various health benefits, including anti-inflammatory, antioxidant, and anti-cancer behaviors. Several studies have been conducted regarding cherry as a magic worker for gout. It has been found that eating a bowl of cherries significantly decreases levels of uric acid in the blood and an increase of uric acid in the urine. Although exact and definite reasons for the effectiveness of cherry could not yet be identified, the most likely cause for this is the antioxidant properties of cherry.

Cherry contains anthocyanins, which have very powerful antioxidant and anti-inflammatory properties. They help in lowering uric acid levels and in blood circulation by protecting and relaxing blood vessels. It also has significant vitamin C and moderate potassium. Vitamin C, when taken consistently, has been shown to decrease uric acid. And being a vitamin for the immune system, it can also help prevent future gout attacks. Potassium, on the other hand, is useful to gout patients because it liquefies the crystallized uric acid and aids the kidneys in its function of excreting uric acid.

There are different kinds of cherries and all are found to be beneficial for gout. You may enjoy them as juice or juice concentrates, or as fresh or dried fruits. However way you decide to take cherries and whichever type you choose, eating or drinking them may help you with your gout. Plus, there are no known adverse side effects in taking cherries. They are light, delicious, and healthy. Eating 1 to 2 servings a day is the commonly recommended amount.

RESOURCES

[Homemade Medicine - Home Remedies](#) - Charles Silverman ND

If you are interested in finding out more about home medicine or home remedies then you can find a huge collection of such remedies at the Homemade Medicine – Home Remedies site. This site is not just about gout, but about just about any ailment you can think of!

The e-book available on this site, The Homemade Medicine E-book is a no nonsense, no fluff, e-book filled with simple home remedies.

If you scroll down on the site you can see the huge list of conditions that are covered. Gout, of course, is one of them. The remedies listed for gout are not the “ABCs” mentioned in this e-book. Click on any condition on the list to see more home remedies for that condition.

Follow this link to **[Homemade Medicine - Home Remedies](#)**

The full url is: <http://curegoutpainnow.com/to/homemademedicine>